

Yorke town Community Children's Centre

Skin Protection Policy

Policy Number

Policy Statement

Australia has the highest incidence of skin cancer in the world. Skin damage, including skin cancer, is the result of cumulative exposure to the sun. Sun exposure in the first 10 years of life determines, to a substantial degree, the likelihood of skin cancer developing later in life.

The Cancer Council SA advises people protect their skin at times when the ultraviolet (UV) radiation level is 3 and above – this is when it is strong enough to cause damage to unprotected skin. For much of South Australia, UV radiation levels are 3 and above everyday from September to April – it is during these months that sun protection is necessary.

It is important to balance sun protection with safe sun exposure for the production of vitamin D for bone growth and development. During May to August, at times when the UV radiation level is below 3, sun protection for most people is not necessary.

Aims

The aims of the Skin Protection Policy are to promote among children, staff and parents:

- Positive attitudes towards skin protection.
- Lifestyle practices which can help reduce the incidence of skin cancer and the number of related deaths.
- Personal responsibility for and decision making about skin protection.
- Awareness of the need for environmental changes in our centre to reduce the level of sun exposure when the UV radiation level is 3 and above.

Implementation

- This policy is for implementation throughout the year. Outside of this time care should also be taken when the ultraviolet radiation level is 3 (moderate) and above. In inclement weather staff will use their judgement about the type of hat to be worn (ie in very cold and windy weather children and staff are permitted to wear a warm hat such as a beanie)

It is an expectation that all staff, students and parents of this service will use the following skin protection strategies:

- Take care to protect the skin when the ultraviolet radiation level is 3 (moderate) and above. Extra care should be taken between 10am and 3pm when UV radiation levels are highest.

- Children are provided with legionnaire style hats to wear at the site.
- Staff and parents are expected to wear a broad brimmed hat, legionnaire style hat, or a bucket hat (bucket hat having a deep crown and minimum 5cm brim for children. Children under 5 years of age and 6cms for older children and adults) whenever they are involved in outside activities.
- Children not wearing an appropriate hat will be expected to play in the shade or inside.
- Children will be encouraged to wear shirts with collars and at least elbow length sleeves and longer style shorts/skirts. Any uniforms containing the Centre logo will comply with these requirements.
- Broad-spectrum, water resistant sunscreen with an SPF of 30+ will be applied to clean, dry skin, 15 -20 minutes before going outdoors at lunch time.
- Sunscreen will be reapplied every two hours if outdoors for a prolonged period of time or more frequently if involved in water activities or perspiring.
- Parents will be encouraged to supply sunscreen for their children prior to attending the service.
- Reinforcing sun safety in all service activities and in general service procedures is an important strategy in the adoption of skin protection behaviours.
- Staff will be encouraged to role model appropriate sun safety strategies in all service activities.
- Information about the centre's Skin Protection Policy will be given to all new staff, students and families.

Links to other policies

The following are a list of examples:

- Child protection
- Occupational Health and Safety

Sources and further reading

- The Cancer Council South Australia
- www.sunsmart.org.au
- Public and Environmental Health Act 1987 SA
- Occupational Health, Safety and Welfare Act 1995 SA
- National Health and Medical Research Council. (2005). *Staying healthy in child care: Preventing infectious disease in child care* (4th ed.). Canberra: Author.

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Signatures

Director

Governing Council Chairperson